

APPENDIX

MELANOMA SURVEILLANCE

One or more yearly physician skin examinations for unaffected high-risk individuals.

Physician surveillance 2-3 times a year for individuals who have already had malignant melanoma or eye melanoma diagnosed.

Monthly self-examination for the ABCDE and P rule:

- Assymetry¹: One part of the mole gets suddenly larger on one side to make it appear asymmetrical (lopsided).
- Border: The edge or border of the mole suddenly changes from a round or smooth curved line to a line with an irregular, notched or angular character.
- Color: The color of the mole is no longer one color but develops two or more multiple colors of brown, tan, pink, red, white and even black.
- Diameter: The width of the mole or size suddenly increases in diameter and is much larger than before over a short period of only a few months (two or more).
- Elevated: A mole which was previously flat suddenly develops a pigmented (usually dark brown or black) nodule (a firm round small lump) which is elevated above the surface of the old mole.
- Persistent: A mole develops any one or more of the following: (a) persistent itching, (b) persistent scaling and inflammation (redness) of its surface, (c) persistent bleeding or ulceration and/or (d) persistent changes as seen in the ABCDE rule.

¹ **Asymmetry** – Not proportionally balanced; difference in size and shape.